

# Saintly News

St. Dominic School  
Schoolofstdominic.org  
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December 15, 2022

## Principal's Corner

A big thank you to Mrs. Van Roekel for her hard work with our wonderful Christmas Programs this school year. We are truly blessed to have her leading our students at SDS.

We hope that you are able to rest, relax, and spend time with family and friends during our Christmas Break!

Blessings,  
Jacquelyn Chatelaine



## Christmas Bulletin Board

Families are welcome to send in holiday cards or family photos to be displayed on the bulletin board outside of the front office. We have received a few and would LOVE to get more!



## CSCOE Classroom Substitute Training

The Catholic Schools Center of Excellence have a substitute training for interested participants. Anyone who is interested, please complete the [registration form](#).

## January Lunch Menu

## Middle School Advent Service Project

There are a few more days to bring in food and gently used winter clothes donations for the Northfield Community Action Center.



## Enrollment for 2023-2024

Our enrollment for the next school year began on November 21st. We have "continuous enrollment" meaning that all students are automatically enrolled for the next grade level for the 2023-2024 school year.

The registration fee for next year (\$100 per student, maximum of \$250 per family) will be charged to your TADS account on January 31, 2023. Please contact Jacquelyn Chatelaine or Sarah Bowles if you are choosing a different educational option for your child next year.

### Monday is Candy Cane Day!

Dress in red and white!

### Tuesday is Deck the Halls!

Dress in your favorite holiday gear/jammies!

## Dates to Remember

- December 16 - 1:00pm Preschool & Pre-K Christmas Program at school
- December 19 - Candy Cane Day! Dress in red and white
- December 20 - "Deck the Halls!" Dress in your favorite holiday clothes/jammies  
Last day before Christmas Break!
- December 21 - January 2: Christmas Break
- January 3 - First day of school after break
- January 16 - No School MLK Day (*teacher workshop*)
- January 23 - No AM or PM Bussing
- January 24 - No AM or PM Bussing



**St. Dominic**  
SCHOOL

Our Foundation. Their Future.

St. Dominic School inspires children to excel as confident leaders, critical thinkers, and responsible citizens in a Catholic, values-based community.

# December

## Counselor Newsletter



### What is self-care?

Self-care is taking the time to balance different parts of our lives by meeting our physical, emotional, and social needs! When we take time to take care of ourselves we see improvement in our mood, relationships, and physical and emotional health!

Taking care of ourselves is so important, and what better time to practice some new self-care ideas than over Christmas Break!

Three categories of self-care are **emotional self-care, physical self-care and social self-care**. It is so important to take care of ourselves in all aspects of life! At home, you can practice self-care within all three areas. Sometimes we forget to take care of our entire selves, this is a reminder that we can practice self care in so many different ways!

**December Challenge:** Add a new self-care habit into your routine! Check out the self-care challenge below for December related ideas!

### SELF-CARE IDEAS

#### Emotional:

- Journal about what you are thankful for this Holiday season
- Sing a Christmas song with a friend
- Focus on positive affirmations

#### Physical:

- Go sledding
- Build a snowman
- Try a new holiday meal!

#### Social:

- Watch a Christmas movie with family and friends
- Call a loved one!
- Give a family member or friend a homemade card



## MERRY & BRIGHT





# HAPPY HOLIDAYS



1. Enjoy a cup of hot chocolate.

2. Send out handmade holiday cards!



5. Decorate your place!



4. Bake snowman cookies.



6. Donate blankets to an animal shelter.

3. Start a water log tracker.



9. Take a festive photo for winter!



7. Make a gingerbread house!



8. Watch a cheesy holiday movie!

10. Start a scrapbook.

## Winter Self-Care Challenge!



11. Complete a page of a holiday coloring book.



12. Knit yourself mittens or a sweater!



14. Write down goals for the New Year!



13. Make dinner with seasonal veggies.



15. DIY winter-themed skincare products.



16. Run a bath and listen to holiday music!



19. Take a nap.



17. Have a cozy night in at home.



18. Play a nostalgic board game like "Sorry!"



20. Read a book as the snow falls outside.